JOE ACABA, MS-1 (BLUE)

Meal	Days 1* & 12	Days 2 & 13	Days 3 & 14	Days 4 & 15**	Day 5
A	Granola (R) Breakfast Sausage Links (I) Blueberry-Raspberry Yogurt (T) Balance Bare, Sweet & Salty Chocolate Almond (NF) Orange-Pineapple Drink (B) Kona w/ Cream & Sugar (B) x2	Mexican Scrambled Eggs (R) Oatmeal w/ Brown Sugar (R) Yogurt Covered Granola Bar (NF) MetRx Protein Plus, Roasted Chocolate Peanut (NF) Orange-Mango Drink (B) Kona w/ Cream & Sugar (B) x2	Sausage Pattie (R) Granola w/ Blueberries (R) Pro Bar, Koco Moca (NF) Vanilla Breakfast Drink (B) Grapefruit Drink (B) Kona w/ Cream & Sugar (B) x2	Seasoned Scrambled Eggs (R) Breakfast Roll (FF) Blueberry-Raspberry Yogurt (T) MetRx Protein Plus, Roasted Chocolate Peanut (NF) Orange Juice (B) Kona w/ Cream & Sugar (B) x2	Cornflakes (R) Nut & Fruit Granola Bar (NF) Clif Builder, Cookies & Cream (NF) Chocolate Breakfast Drink (B) Orange-Mango Drink (B) Kona w/ Cream & Sugar (B) x2
B	Chicken Salad Spread (T) Crackers (NF) x2 Teriyaki Beef Steak (I) Tortilla (FF) Pears (T) Candy Coated Almonds (NF) Lemonade (B)	Lasagna w/ Meat (T) Tortillas (FF) Peaches (T) Trail Mix (IM) Vanilla Pudding (T) Pineapple Drink (B) x2	Cheddar Cheese Spread (T) Tortilla (FF) Smoked Turkey (I) Pineapple (T) Candy Coated Peanuts (NF) Peach-Apricot Drink (B)	Tuna Salad Spread (T) Crackers (NF) x2 Power Bar, Chocolate Caramel Fusion (NF) Applesauce (T) Almonds (NF) Butterscotch Pudding (T) Lemonade (B) x2	Dried Beef (IM) Fiesta Chicken (T) Pears (T) Cashews (NF) Brownie (NF) Pineapple Drink (B)
C	Fiesta Chicken (T) Broccoli au Gratin (R) Tortilla (FF) Strawberries (R) Butter Cookies (NF) Tropical Punch (B) x2	BBQ Beef Brisket (I) Cauliflower w/ Cheese (R) Mashed Potatoes (R) Tortilla (FF) Fruit Cocktail (T) Brownie (NF) Grape Drink (B)	Shrimp Cocktail (R) Lasagna w/ Meat (T) Italian Vegetables (R) Tortilla (FF) Macadamia Nuts (NF) Shortbread Cookies (NF) Orange-Pineapple Drink (B) x2	Chicken Strips in Salsa (T) Potatoes au Gratin (R) Carrot Coins (T) Tortilla (FF) x2 Strawberries (R) Candy Coated Chocolates (NF) Tropical Punch (B)	Sweet & Sour Pork (T) Black Beans (T) Brown Rice (T) Peaches (T) Trail Mix (IM) Butter Cookies (NF) Grape Drink (B) x2

Meal	Day 6	Day 7 (EVA)	Day 8	Day 9 (EVA)	Day 10	Day 11
A	Blueberry-Raspberry Yogurt (T) Oatmeal w/ Brown Sugar (R) Scrambled Eggs (R) **Balance Bare, Sweet & Salty Yogurt Nut (NF)** Peach-Apricot Drink (B) Kona w/ Cream & Sugar (B) x2	Yogurt Covered Granola Bar (N Breakfast Sausage Links (I) Clif Bar, Blueberry Crisp (NF) x2 MetRx Protein Plus, Roasted Chocolate Peanut (NF) Kashi GoLean Roll, Oatmeal Walnut (NF) Vanilla Breakfast Drink (B) Orange-Grapefruit Drink (B) Kona w/ Cream & Sugar (B) x2	Granola w/ Raisins (R) Blueberry-Raspberry Yogurt (T) Sausage Pattie (R) Power Bar Triple Threat, Chocolate Toffee Almond (NF) Orange-Pineapple Drink (B) Kona w/ Cream & Sugar (B) x2	Oatmeal w/ Brown Sugar (R) Mexican Scrambled Eggs (R) Clif Bar, Blueberry Crisp (NF) x MetRx Protein Plus, Roasted Chocolate Peanut (NF) Clif Builder, Vanilla Almond (NF) Vanilla Breakfast Drink (B) Orange Juice (B) Kona w/ Cream & Sugar (B) x2	Cornflakes (R) Breakfast Sausage Links (I) Granola Bar (NF) Clif Builder, Cookies & Cream (NF) Grapefruit Drink (B) Kona w/ Cream & Sugar (B) x2	Granola w/ Blueberries (R) Seasoned Scrambled Eggs (R) Breakfast Roll (FF) MetRx Protein Plus, Roasted Chocolate Peanut (NF) Orange-Mango Drink (B) Kona w/ Cream & Sugar (B) x2
B	Salmon (T) Tortilla (FF) Granola Bar (NF) Candy Coated Chocolates (NF) Fruit Cocktail (T) Lemonade (B) x2	Cheddar Cheese Spread (T) Crackers (NF) x2 Smoked Turkey (I) Tortilla (FF) Applesauce (T) Shortbread Cookies (NF) Strawberry Drink (B)	Chicken Salad Spread (T) Teriyaki Beef Steak (I) Tortilla (FF) Pears (T) Candy Coated Almonds (NF) Tropical Punch (B) x2	Dried Beef (IM) Crawfish Etouffee (T) Tortilla (FF) Fruit Cocktail (T) Butter Cookies (NF) Peach-Apricot Drink (B)	Vegetarian Vegetable Soup (T) Crackers (NF) x2 Grilled Chicken (T) Tortilla (FF) Applesauce (T) Cashews (NF) Butterscotch Pudding (T) Pineapple Drink (B)	Tuna Salad Spread (T) Chicken Fajitas (T) Tortilla (FF) x2 Pears (T) Candy Coated Chocolates (NF) Strawberry Drink (B)
C	Lasagna w/ Meat (T) Cauliflower w/ Cheese (R) Tortilla (FF) Pineapple (T) Macadamia Nuts (NF) Vanilla Pudding (T) Tropical Punch (B)	Fiesta Chicken (T) Green Beans w/ Mushrooms (R) Tortilla (FF) Peaches (T) Candy Coated Peanuts (NF) Brownie (NF) Orange Drink (B) x2	Seafood Gumbo (T) Broccoli au Gratin (R) Tortilla (FF) Strawberries (R) Tapioca Pudding (T) Grape Drink (B)	Shrimp Cocktail (R) Chicken Strips in Salsa (T) Carrot Coins (T) Tortilla (FF) Pineapple (T) Candy Coated Peanuts (NF) Lemonade (B) x2	Fiesta Chicken (T) Black Beans (T) Italian Vegetables (R) Tortilla (FF) Strawberries (R) Chocolate Pudding Cake (T) Grape Drink (B)	Shrimp Cocktail (R) Seafood Gumbo (T) Broccoli au Gratin (R) Peaches (T) Trail Mix (IM) Shortbread Cookies (NF) Tropical Punch (B)

*Day 1 consists of Meal C only

**Day 15 consists of Meals A & B only

(B) - Beverage, (FF) - Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (T) - Thermostabilized   Rev C 11/19/2008